

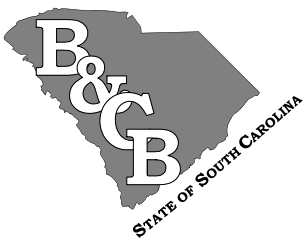
# FITNESS

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## **Buying Shoes That Fit** **Tips to help you purchase fashion and athletic shoes**

1. Go shoe shopping when your feet are their biggest after you've been on them all day.
2. Wear the same type of stockings or socks that you will likely wear with the new shoes.
3. Once the shoe is laced, make sure your longest toe is at least a thumbnail width from the end of the shoe.
4. Stand on the ball of your foot. Do your toes have enough room to spread out? Does your heel come out the back of the shoe?
5. Wear the shoes around the store for a few minutes. Be sure to walk on hard floors as well as carpeting. Do you notice any pinching, tightness, slipping or rubbing?
6. Don't buy a pair of shoes expecting them to feel better once you have broken them in. Make sure they are comfortable the moment you put them on.
7. A firm and cushioned heel cup absorbs the shock of heel strike while controlling pronation (the tendency of the arch to fall inward).
8. The arch support should be firm and should match your foot's natural arch.

Source: Fitting in Fitness, American Heart Association. New York, New York 1997.



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**October 2000**

